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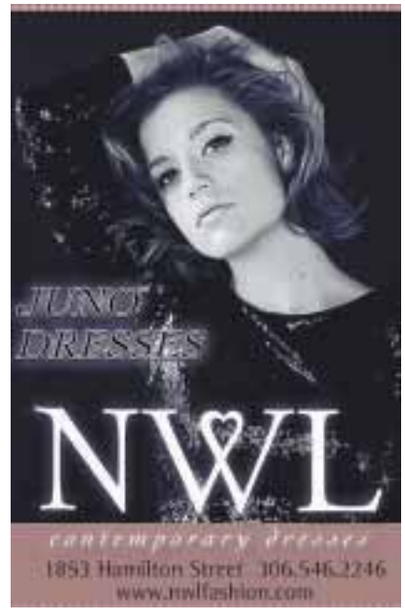

Arkansas oil spill could affect Keystone approval, province

A crew member with Exxon Mobil washes oil from another member's boots in Mayflower, Ark. Other crew members are power-washing oil from a street near a pipeline that ruptured and dumped several thousands of barrels of oil Friday. COURTNEY SPRADLIN/LOG CABIN DEMOCRAT

A blot on public opinion? Leak could have impact on U.S. views toward Canadian heavy crude, pipelines

JEFF MACKEY
jeff.mackey@metronews.ca

An oil spill in Arkansas could have a drastic effect on Saskatchewan, should public opinion in the U.S. shift against Canadian oil — and by extension, the Keystone XL pipeline.

An Exxon Mobil pipeline carrying Canadian heavy crude oil ruptured in a Mayflower, Ark., subdivision on Friday. Crews continue to work to clean up the spill, which has spewed more than 10,000 barrels of oil and water.

This comes as a fierce battle is raging over the Keystone XL pipeline in Washington. If approved, the line would send even more Canadian heavy crude through the U.S.

"What has been found in literature on public opinion and oil spills is that it's all tied with magnitude," said David McGrane, a political scientist at the University of Saskatchewan. "It definitely isn't good in the terms of U.S. public opinion, but it shouldn't be crippling because (the spill) isn't massive."

The proposed Keystone XL pipeline would run partially through Saskatchewan on its way from Alberta to the U.S.

Premier Brad Wall has championed the benefits of Canadian crude, including on a trip to Washington in March. As well, he sent a letter along with 10 U.S. governors urging U.S. President Barack Obama to approve the pipeline.

"Brad Wall can be for the pipeline all he wants, but it will be a (U.S.) domestic decision," said McGrane. "The president has a lot of pressure on him, especially from his base, to refuse this pipeline and obviously this spill, as small as it was, is just going to increase the pressure."

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More signs, bigger fines for construction-zone speeders

Road safety. Government trying to address record number of deaths on Saskatchewan highways

A record number of deaths on Saskatchewan highways last year is behind the government's latest move to improve road safety in the province.

The fatalities included highway crew member Ashley Richards, who was struck while working as a flag person in a construction zone.

The government has announced more signage in work zones so drivers know when they have to slow down.

The usual orange signs with black worker figures on them will clearly state when workers are actually present.

A black-and-white speed sign will immediately follow to remind motorists to drive no faster than 60 kilometres an hour. The government has also raised fines for people caught speeding in construction zones.

The fines have increased to a minimum of $210 from $140. They go up for each kilometre per hour over the limit a driver is speeding.

"We need these new signing measures, plus education and enforcement, to make a real change in driving behaviours in the work zone," Highways Minister Don McMorris said in a release Monday.

THE CANADIAN PRESS

Quoted

"We need these new signing measures, plus education and enforcement, to make a real change in driving behaviours in work zones."

Highways Minister Don McMorris

More signs will be posted in Saskatchewan road construction zones to tell drivers to slow down when workers are present. FLICKR/JPHILIPG

One Cathedral business closes, another pops up

Luisa Graybiel, left, Elaine Miller, Heather Nord and Eleanor Powell are setting up a pop-up store of vintage fashion and household items on 13th Avenue. ALYSSA MCDONALD/METRO

While a beloved Cathedral business is shutting down to make way for a condominium development, a new one is getting ready to take its place.

The new vintage and household store, named Nouvelle, has set up in the building that Indigo had occupied for the last 18 years on 13th Avenue.

"It's a unique opportunity to do something for a few months and have the circumstances dictate how long it stays. So it's a bit spontaneous and it makes for something interesting and fresh," said Heather Nord, one of the women taking up shop.

Nord is joined by three other women, including Luisa Graybiel, who opened Indigo in 1989. The group, all of whom know each other from work and neighbourhood events, decided two weeks ago to create the pop-up store. While Graybiel has been clearing out Indigo, the other ladies have been transforming the shop into a new store.

"Everybody's been stopping in because we have painting and redecorating, and there seems to be quite a bit of interest," said Nord.

The pop-up store will feature vintage and whimsical clothes, jewelry and household items, and Nord says there will be a high turnover of new goods brought in. It will officially open its doors on Thursday before a grand opening on Saturday. ALYSSA MCDONALD/METRO

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India. Rapes and murders are scaring off foreign tourism: Study

Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has altered how tourists view India and led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil. Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday, police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

Posited motive

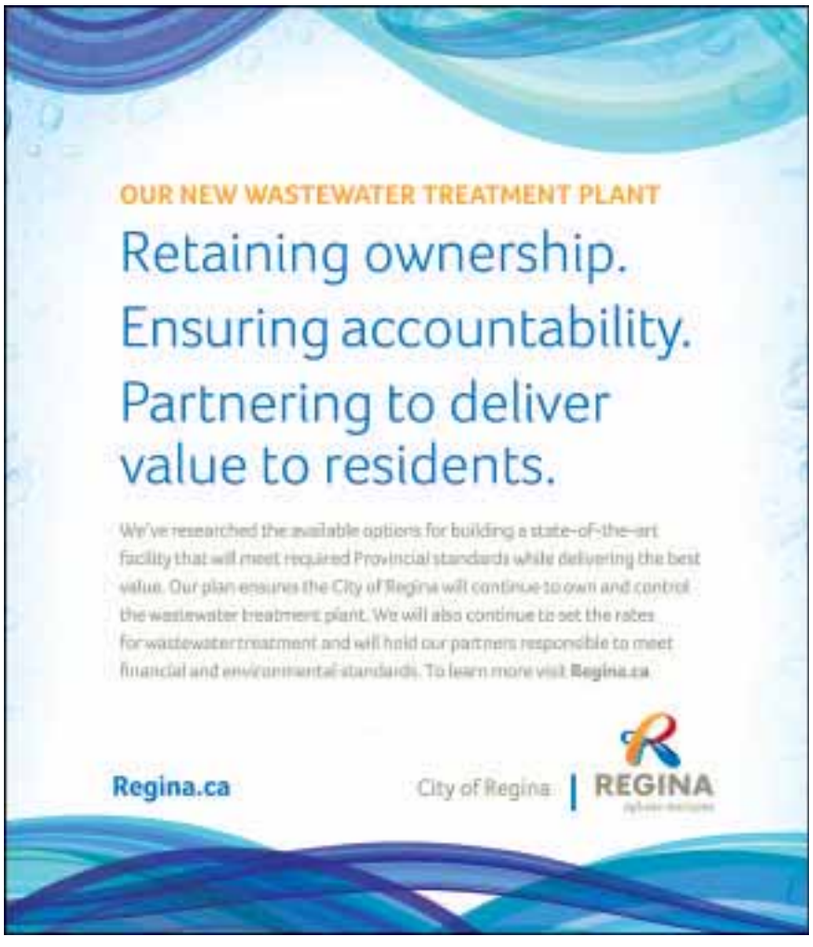
"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw some two million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.
- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.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France considers widening its ban on religious garb

A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

French President Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a daycare operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secular values — first enshrined in the French Revolution more than two centuries ago — is unfairly crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"Islam has become a political instrument," said Samia Kaddour, 26, a community activist. She has all but given up hope for a state job but is not yet discouraged enough to leave.

"I'm not a foreigner. I'm French," she said. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

France bars state employees from wearing prominent religious symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices or other government facilities.

- Two years ago, France banned Muslim veils that cover the face from being worn in public.

Watchdog to examine 'muzzling' of scientists

Taxpayer-funded research. Better access to information needed, advocacy group says

Federal policies that restrict what government scientists can say publicly about their work are about to be put under the microscope.

Federal Information Commissioner Suzanne Legault has agreed to investigate how government communications rules on taxpayer-funded science impact public access to information.

Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report — "Muzzling Civil Servants: A Threat to Democracy?" — laid out repeated examples of taxpayer-funded science being suppressed or limited to prepackaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner's office noted she is required under the Access to Information Act to investigate any matter related to obtaining or requesting records.

The complaint alleges that by keeping government scientists from speaking out about their work, the public is denied the chance to request records

Suzanne Legault THE CANADIAN PRESS

— because no one is ever made aware they exist in the first place.

The complaint "alleges that the right of access to information under the act is impeded by government policies, practices or guidelines that restrict or prohibit government scientists from speaking with the media and the Canadian public," Legault's office responded, saying it "falls within the scope" of the legislative mandate.

In addition to four government departments and two agencies cited in the complaint, Legault said she will also examine the Treasury Board Secretariat "because of its role in relation to the development and implementation of government policies."

Chris Tollefson, the executive director of UVic's law centre, said their research into suppressed science revealed both the wide scope of the practice and that it "represents a significant departure" in government practice over the last five to seven years.

"It really is a core issue in terms of the health of our democracy," Tollefson said in an interview. "We need to know what the best science is as we make difficult decisions about policy."

Prime Minister Stephen Harper's government has been accused of silencing scientists on a number of subjects, particularly environmental science, since the tories came to power in 2006. THE CANADIAN PRESS

Discontent

"We have indications that there is very, very broad discontent amongst scientists about being muzzled and having their research suppressed."

Calvin Sandborn, legal director of Victoria's Environmental Law Centre

MacKay welcomes baby boy

Defence Minister Peter MacKay and his wife Nazanin Afshin-Jam hold their new baby boy, Kian Alexander MacKay, on Monday. The boy, weighing eight pounds, two ounces, is the couple's first child.
THE CANADIAN PRESS/HANDOUT

River rescue. Edmonton man recounts pulling two girls out of water

After rescuing two young girls from the icy North Saskatchewan River on Sunday, a "starving" Adam Shaw and his dog Rocky each enjoyed a hamburger.

The meal was well deserved after a simple afternoon walk turned into a dramatic river rescue for the 27-year-old and his dog.

Shaw, his wife and two children were walking in Edmonton's Rundle Park on Sunday afternoon when the family heard screams coming from a footbridge below.

They looked down to see a girl floating in the river and another child trying to help her out.

Shaw yelled at the girls to stay put as his wife called 911 and he ran to the river.

By the time Shaw and Rocky reached the children, the second girl was also in the water and Shaw was able to pull her out.

Rocky and Shaw then set to work pursuing the girl who had "floated quite a ways down the river" and was in obvious distress.

Both dog and man fell in the water while in pursuit and eventually Rocky swam

Adam Shaw and Rocky
RYAN TUMILTY/METRO

to the girl, who managed to grab hold of his leash.

He swam her back to the shoreline where Shaw pulled both the girl and his dog onto the ice.

The group was soon met by Edmonton Fire Rescue.

"I just really didn't want to fail…. I really wanted to save them," Shaw said on Monday.

A day after the dramatic river rescue, the pair were hailed as heroes and presented an honorary helmet and a big bone by Edmonton Fire Rescue. ANNALISE KLINGBEIL/METRO IN EDMONTON

Quebec resident

Missing traveller's friends have hope

Friends of a Quebec man who vanished while driving home through Mexico's dangerous north say they're confident they'll find him and bring him home.

Marc Menard has not been heard from in more than two weeks.

The 44-year-old husband and father was returning to Canada after a three-month stay in Mexico. THE CANADIAN PRESS

Surgery rumours

Lung live Pope Francis

Does the pope have only one lung?

Despite erroneous reports that Pope Francis has lived most of his life with just one lung, the surgery actually only removed the upper part of his right lung, and his friends and family say he remains in good health for a 76-year-old man.

The Buenos Aires archdiocese and the Vatican have declined to provide medical reports on the matter. THE CANADIAN PRESS

Warning: Graphic content. Toronto-area student deemed 'sadist' by judge

"The reason I broke up with my ex three months ago is cuz I was afraid for her safety," the 17-year-old high school student typed in a Facebook chat last December.

"I'm not scared," replied the 16-year-old girl he'd met during a school band performance three days prior.

"I'm not telling you to be afraid of me," he told her. "Just cautious."

Then he proceeded to describe a series of gruesome and violent sexual acts he'd like to perform on her, leading an Ontario Court Justice to label the teen a "sadist" and find him guilty of threatening bodily harm.

The case hinged on the "relationship of intention and desire," wrote Justice Joseph De Filippis in his ruling issued last month. The teen, who cannot be identified as per the Youth Criminal Justice Act, was arrested at a high school in the Greater Toronto Area on Dec. 7 after the girl reported the Facebook conversation to her teacher.

In his backpack, a police officer found a handwritten note, topped in large block letters with the words: "KILLER RAPE DEATH."

"I can only get pleasure, sexual pleasure, if the female is undergoing extreme pain, being raped, abused, tortured or simply crying," the note read.

Similar to the Facebook chat, the note details a fantasy of cutting, beating, breaking the legs of and raping a girl in a room, "probably the soundproof music room."

The female complainant told the court that the Facebook chat left her feeling "a little creeped out" at first. When she re-read it the next morning, she became frightened of what the guy she'd once thought was "nice" might do to her.

"I have no doubt these words were meant to be taken seriously," De Filippis wrote. "Indeed, I am confident he derived pleasure from the threats themselves." TORSTAR NEWS SERVICE

Online etiquette

Website tracks damaging tweets

What kind of tweets could get you fired?

Well, tweeting that you hate your job, hate your boss and want your co-workers killed could do the trick.

A new website tracks people who cross the line.

The website FireMe! has developed a detection system to measure the likelihood of your getting fired if your boss reads the tweet.

People's tweets are tracked based on four categories: Haters, Horrible Bosses, Sexual Intercourse and Potential Killers.

The site includes a tool called The FireMeter!, which determines on a percentage basis how likely you are to get fired.

The FireMeter! also allows you to enter another person's Twitter username to see how exposed they are to getting fired.

TORSTAR NEWS SERVICE

U.S. pot laws bring big biz to B.C. shop

Sonny Chambers, assistant manager for Green Planet Wholesale Ltd., adds fertilizer powder to a water tank at the hydroponics company's shop in Surrey, B.C. THE CANADIAN PRESS

Seeing the green. Sales quadruple at hydroponics company after Washington and Colorado legalize weed

Business has been on fire at a Surrey, B.C., hydroponics shop since the decision was made by two U.S. states to legalize the possession of marijuana.

The ballot initiatives passed last November in Washington and Colorado allow adults over the age of 21 to possess up to 28 grams of marijuana.

Steven Betts, co-owner of Green Planet Wholesale Ltd., says sales have quadrupled in the last few weeks. Their multi-million-dollar businesses now employ about 60 people.

Betts says his company has plans to open a new distribution facility in Washington in the next few months.

Prof. Stephen Easton, who teaches economics at Simon Fraser University, says the company's success could draw the attention of competitors, such as big-box stores — especially if the owners are seeing large margins.

Green Planet's owners say it's not about doing anything illegally, and there's a sign near the store's checkout counter that warns customers that they'll be asked to leave if they mention any illegal substances.

"We've never been about doing things illegally," said Betts. "We're not martyrs. We don't try to be radicals or rebels. We're really about how to garden and how to garden efficiently." THE CANADIAN PRESS

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Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

Prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie-theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers intertwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenaline rush," he said. "I love the choice, I love it, I love it. ... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS

This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS

Boy Scouts. Application for troop sponsored by gay-rights group denied

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to their long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included.

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Tennessee teen dies from cancer after prom dream

What would you do if doctors said you had only a few weeks to live?

When 14-year-old Katelyn Norman received that heart-wrenching news on March 19, these were a few items on the teenager's bucket list: visit Italy, ride a motorcycle and attend her high school prom.

Norman died Friday morning, succumbing to bone cancer that had spread to her organs two years after she was diagnosed with the disease. But before her death, the LaFollette, Tenn., resident managed to check off at least several items on her to-do list.

"She's such a fighter and such an inspiration. To never complain about cancer and to even receive the news it's terminal, she still didn't complain," Sharon Shepherd, a family friend who has known Norman since she was five, told Torstar News Service in a March 27 interview. "The joy and the laughter from her, knowing that she (is) passing ... it never (gets) her down."

Three days before Norman's death, her small town held a prom for her. Thousands lined a local highway holding candles to honour her, while some supporters stood outside her hospital window holding candles in the shape of a heart. The mayor of Campbell County declared last Tuesday "Katelyn Norman Day." TORSTAR NEWS SERVICE

Katelyn Norman MICHAEL DAYAH PHOTOS

Repairing relations

John Baird visits Iraq, U.A.E.

Fresh from establishing a new diplomatic beachhead in Iraq, Foreign Affairs Minister John Baird turns his attention today to knocking down a contentious visa imposed on Canadians when he visits the United Arab Emirates.

Relations between Canada and the U.A.E. soured in 2010 over Canada's refusal to grant Emirati airlines extra landing rights in Canada, a dispute that prompted the closure of a key Canadian Forces staging base outside Dubai. The following year, the U.A.E. imposed a costly visa on Canadians visiting the country.

Diplomatic irritations were partially soothed last year with news that Canada will sell the U.A.E. nuclear technology. The U.A.E. had also announced it would cut the visa fees, though the requirement remains in place — for now.

On Monday, Baird paid an unannounced visit to Iraq, where he opened a new Canadian diplomatic mission.

Canada wants to expand its engagement with a country that's become a pivotal force in a troubled region, and doing so requires a Canadian presence in Baghdad, Baird said in a statement.

THE CANADIAN PRESS

IT'S OK TO LOSE THE BOOZE

SHE SAYS

Jessica Napier
metronews.ca

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party, I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week —for guys it's double that — but how many of us are going over that, more often than not?

Anytime I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on Twitter @MetroSheSays

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

ZOOM

Motown piano signed, sealed, delivered

MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS

MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:
A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:
Sports Illustrated's endless collection of famous images, delightfully interlaced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:
A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish was yours.

Comments

metronews.ca

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.
Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."
Kevin Dykstra posted to

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper.
Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!!
Skippy76 posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Bears on board! Leather yoga pants! Firms yuk it up for April Fools' Day

Gotcha. Brands try to flex their funny bones with goofy mock ads

WestJet's April Fools' Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads.

This year's participants included WestJet, the Toronto Transit Commission, Lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing any kind of animal, including bears, to roam free on board.

Meanwhile, the TTC released a video spoofing annoying things passengers do on the subway. It promoted a personal subway car that allows riders to apply makeup, do personal grooming and use seats for bags and to stretch their legs.

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats for exercise at $208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on You Tube said it was adding to its menu pizza salad, pizza beer, and pizza cake.

THE CANADIAN PRESS

A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

New Delhi

India's top court issues landmark drug ruling

India's Supreme Court on Monday rejected drug maker Novartis AG's attempt to patent an updated version of a cancer drug in a landmark decision that health activists say ensures poor patients around the world will get continued access to cheap versions of lifesaving medicines.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.36¢ (-0.07¢)

TSX 12,695.14 (-54.76)

OIL $97.07 US (-16¢)

GOLD $1,600.90 US (+$5.20)

Natural gas: $4.04 US (+2¢)
Dow Jones: 14,572.85 (-5.69)

Smokers can use nicotine replacement longer: FDA

The U.S. Food and Drug Administration says smokers who are trying to quit can safely use over-the counter nicotine gum, patches and lozenges for longer than previously recommended in a move to help millions of Americans kick the habit.

Current labels suggest consumers stop smoking or using other products containing nicotine when they begin using the products to help them quit and that they should stop using nicotine replacement products after 12 weeks at most.

The federal agency said Monday that the makers of gum and other nicotine replacement products can change the labels that say not to smoke when using the products. The FDA also said the companies can let consumers know that they can use the products for longer periods as part of a plan to quit smoking, as long as they are talking to their doctor.

Nicotine replacement products, designed to help people stop smoking by supplying controlled amounts of nicotine to ease the withdrawal symptoms, were first approved about 30 years ago and have gone from prescription to over-the-counter within the last 17 years.

THE ASSOCIATED PRESS

By the numbers

45M

More than 45 million Americans smoke cigarettes and about half try to quit every year, according to the Centers for Disease Control and Prevention.

Online travel data

American Airlines, Orbitz settle suits

American Airlines says it has settled lawsuits with Orbitz over the online travel agency's display of flights and fares. The airline has been fighting with Orbitz and other firms that distribute information to travel agents, saying it can better tailor offers if it provides information directly to the agents. THE ASSOCIATED PRESS

Acquisition

American Greetings to be taken private

American Greetings has agreed to be taken private by a group led by some of its top executives in a deal that values the company at about $580 million US. In addition to its namesake brand, American Greetings Corp. also owns Carlton Cards, Recycled Paper Greetings and Papyrus. THE ASSOCIATED PRESS

Bailout deal

Cyprus gets extra year to hit surplus

Cyprus' government spokesman says the country has been granted an extra year — until 2017 — to achieve a targeted budget surplus of four per cent as part of negotiations with international lenders for a rescue package. Government negotiators still hope to extend that by a further year. THE ASSOCIATED PRESS

TAKE CARE OF THAT SMILE FOR O

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of has have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes a job interview, where interviewers can been wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.
- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums
- Provides a greener alternative – With electric brushes, you only need o replace the head once every three months instead of the entire brush.
- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?

"DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?"

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

VERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all he difference in the world.

If you are thinking about whiter shade of white, there are a few options available, ranging in price from less han $20 up to about $2, 000.

Going to a professional

A dental professional cleans and removes of any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from $300 to $2,000 depending on the system, the technology, and the effort requied to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray. Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from $100 to $800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from $15 to $60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.

REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.

SCENE 2

Dwayne Johnson, at your beloved franchise's service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series

NED EHRBAR
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with our boyhood ways.' Hypothetically."

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Cory Monteith ALL PHOTOS GETTY IMAGES

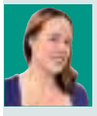
Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to Us Weekly. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help avoiding, he has opened up about his drug use in the past, telling Parade magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

The Word

Shain Gandee has died at age 21. AMY SUSSMAN / INVISION/ THE ASSOCIATED PRESS

Buckwild star Shain Gandee found dead

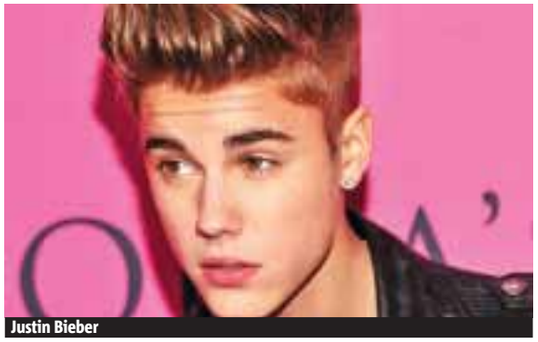


THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit Buckwild, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."



Justin Bieber

Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s—less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

Amanda Bynes

Bynes unleashes Twitter barrage at former flames

Amanda Bynes continues to utilize her Twitter account to vent — and make her friends and family worry about her mental well-being. This weekend, Bynes posted a bizarre tirade of tweets aimed at her "exes," though she didn't name names. "When you write me on Twitter and I ignore you, it's because I plan on ignoring you on Twitter and in life forever," she wrote, along with, "If you were hot, I'd be so into you. Dedicated to my exes still tryna holla."

Twitter

@JonahHill
You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!

@JuddApatow
I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.

@pattonoswalt
Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones

@kevin_nealon
Should i consult a doctor if my energy drink lasts longer than five hours?

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We're just big bags of icky stuff, and other science facts

New book. Author of Gulp: Adventures on the Alimentary Canal takes on the gloppy, sticky part of digestion

SHAUN BRADY
Metro World News

"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In Stiff: The Curious Lives of Human Cadavers, she followed the body through its many strange post-mortem pathways; in Packing For Mars, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, Gulp: Adventures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with Bonk, her book about the science of sex, Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."

Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book Gulp: Adventures on the Alimentary Canal

How to remember anything

You can't remember how many times you've lost your keys — that's how bad your memory is. Try these tips from Nelson Dellis, who just placed second at the USA Memory Championship.

Don't forget to remember these memory tips. ISTOCK PHOTO

1. Think in pictures.
The brain prefers pictures, not abstract images (numbers, names, concepts, etc). Turn whatever it is you are trying to remember into pictures.

2. Store them in a familiar place.
Take your home, and mentally walk through it while placing the pictures of what you are trying to memorize along a specific path.

3. Think crazy, bizarre, funny, gory, erotic.
Make those picture over the top and out of the ordinary. We remember those better.

4. Stay active.
Your brain needs blood to work smoothly. Staying fit keeps circulation to the brain at its best.

5. Eat right.
Include Omega 3 DHA in your diet. A lot of people think that fish is the only way to get DHA, but in fact there are vegetarian options. Try DHA Brain Armor, which is a DHA supplement for athletes.

METRO

Best Health

Spicing up your healthy living

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There's no need to shake on extra salt if you have spices as a pantry staple. There are countless health benefits, and in the latest issue of Best Health, freelancer Margaret Nearing looked at some of the most powerful spices.

Turmeric
The yellow pigment in turmeric comes from a component called curcumin, and it could reduce the pain of tendinitis, an inflammation of the tissue connecting muscle to bone.

Black pepper can help block fat cells from forming. ISTOCK PHOTOS

Black pepper
Piperine, the substance in black pepper that provides its flavour, can block formation of new fat cells.

Coriander seed
Researchers found the seed oil damages the membrane around bacteria cells, leading to the cell's death. The researchers see coriander oil as a future food additive.

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The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

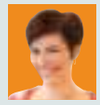
2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Health Solutions

Peas save Easter leftovers



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutritionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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One small business, and one giant step for youth employment

YOUR MONEY
Alison Griffiths
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed $175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, unemployed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

Caroline Manzo, one of the stars on The Real Housewives of New Jersey, has a new book titled Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman. GETTY IMAGES

Real housewife of New Jersey tells it like it is in new book

Straight shooter. Caroline Manzo talks about her book, family life and reality TV

For all the table-flipping, name-calling and screaming on Bravo's The Real Housewives of New Jersey, there is a voice of reason among the cast. That belongs to Caroline Manzo, a straight shooter, happily married mother of three grown children.

Manzo can get worked up on the show, and she certainly holds her own in a battle, but for the most part, she seems irritated, if not bored, by the drama among her cast mates. One thing is evident — when Manzo speaks, everyone listens.

The 51-year-old reality star has expanded on her no-nonsense approach to life with a new book, Let Me Tell You Something: Life as a Real Housewife, Tough-Love Mother, and Street-Smart Businesswoman, written with Kevin Dickson and published by It Books.

Why did you decide to write a book?
I got the idea from the viewers. They ask me the same questions over and over again, and it's, "How do you manage to have three great children? How do you manage to have a close family, long marriage, happy marriage, backbone? How is it being in the public eye?" ... All I can say is what I've done in my life and that for me was the best way to answer the questions, through little anecdotes about my life.

You can tell on the show that you're very close with your family. Did you notice right away that people were very interested in knowing how you achieved that?
To this very moment I'm puzzled by the reaction to me and my family because I'm finding more and more that people find it unusual and it should be normal and that's what puzzles me. Why am I unusual? Why is my bond with my children abnormal? And that's what I find interesting.

This book isn't a tell-all. Did some people think you should make it one?
There are some people along the way that said, "It would sell more copies." Well, that to me is not success. I want the book to sell because people want to hear what I had to say about things and are truly interested in learning about me and my family and the process of being on Housewives, which I talk about. I don't bash anyone. I tell little behind-the-scenes anecdotes about Housewives. To say that something is a success because you were negative about somebody is not the way I operate.

Do you feel you've learned anything about yourself watching yourself on TV?
The greatest gift in the world is to see yourself on reality TV. Everybody says, "Oh, gee, I hate my voice! Oh my God, I'm so fat!" You know, beyond that, you learn tolerance and acceptance and things like that and you learn to look at yourself and say, "Gee, I could fix that about myself because it's just not cool." So sure, I've had a lot of lessons throughout the five years of being on television and in the public eye. And I'm grateful for it. You know, there were moments that I wanted to crawl under the covers and just die, but you know, so what? OK, I'm still here, it's OK.

Viewers who watch The Real Housewives think they know you because it's a reality show. Do they really?
I would say the viewers have a pretty good handle of who we are as people. However, you don't know all sides of us. We are each multifaceted individuals, so you see one angle of us, you don't see everything.

THE ASSOCIATED PRESS

Jacked up Blue Jays ready for game day

MLB. Toronto manager says Canada's new and improved squad is 'excited to get this going'

Manager John Gibbons leans against a batting cage while watching his players as the Blue Jays practise in Toronto on Monday in preparation for their opening day of the new season. CHRIS YOUNG/THE CANADIAN PRESS

Colby Rasmus' T-shirt showed a Blue Jay between a set of weights, with the words "Nothing is given, everything is earned" on the back.

It's a motto worth remembering this season, even in the luxurious man-cave that serves as the Jays' clubhouse in the bowels of Rogers Centre.

Stocked with talent from Alabama to British Columbia and the Dominican Republic to Venezuela, this Toronto team is already seen as one of the best that money can buy.

The first question manager John Gibbons got Monday was a somewhat glib query from a local TV anchor asking if the news conference format would be the same in the post-season.

Gibbons laughed, a little awkwardly, before answering "Let's hope so."

Expectations are sky-high ahead of today's sold-out opener against the visiting Cleveland Indians.

"Really you can't go anywhere without hearing something about the Blue Jays," acknowledged Gibbons, who starts his second stint at the club's helm. "That's why we're excited to get this going. Opening days are always exciting, but it can be a hassle too because you're drawn every which way.

"So we'd like to get that behind us, hopefully get a win out of the way and then move on from there and then play some regular baseball. But we're excited. We're ready, we've got a good team, we'll see what happens."

The high hopes come with a high cost.

Toronto's payroll is north of $125 million US, which only ranks eighth in the crazy money world of major league baseball. The Los Angeles Dodgers and the Yankees are both over $220 million.

The injury-plagued club that went 73-89 to finish fourth last season in the AL East has been bolstered by the additions of pitchers R.A. Dickey, Josh Johnson and Mark Buehrle.

The infield has been reinforced by all-star shortstop Jose Reyes, Emilo Bonifacio and Maicer Izturis, while Melky Cabrera takes over left field.

Like a Formula One race car in the starting grid, the Jays are polished and purring waiting for the green light.

THE CANADIAN PRESS

Good to go

- Slugger and team leader Jose Bautista has recovered from the wrist surgery that cut his 2012 season short.
- GM Alex Anthopoulos has brought in veterans like Mark DeRosa and Henry Blanco to mentor the likes of Brett Lawrie (who starts the season on the DL) and catcher J.P. Arencibia.

MLB

Red Sox rout Jeter-less Yankees 8-2

Pitcher Jon Lester and the Boston Red Sox got off to a quick start after a dreadful 2012 season, giving new manager John Farrell an 8-2 win over the barely recognizable New York Yankees, whose star Derek Jeter is out with a sore ankle, on opening day Monday.

Newcomer Shane Victorino led a revamped Red Sox lineup with three RBIs and rookie Jackie Bradley Jr. walked three times and scored twice in his big-league debut. Boston's big day against CC Sabathia (0-1) came a year after it lost its first three games under Bobby Valentine and went on to a 69-93 finish.

THE ASSOCIATED PRESS

NHL

Crosby, Subban, Bobrovsky earn March stars

Sidney Crosby's broken jaw was the unfortunate end of a spectacular month.

The NHL named Crosby the first star for the month after the Penguins captain's 25 points in 15 games helped Pittsburgh go undefeated in March.

Montreal defenceman P.K. Subban was named second star, while Columbus goaltender Sergei Bobrovsky took third star.

In weekly award winners, Toronto forward Joffrey Lupul was named first star, followed by San Jose goaltender Antti Niemi and Edmonton forward Taylor Hall. THE CANADIAN PRESS

Jay Bouwmeester had six goals and nine assists in 33 games with the Flames this season. Bouwmeester was traded to St. Louis on Monday. RICH LAM/GETTY IMAGES

Flames clearing house as Bouwmeester dealt

The Calgary Flames dealt defenceman Jay Bouwmeester to the St. Louis Blues on Monday night ahead of the upcoming trade deadline.

In return, the Flames acquired a first-round pick and two prospects — defenceman Mark Cundari and goaltender Reto Berra.

In the event St. Louis does not qualify for this year's playoffs, the Flames will receive St. Louis' fourth-round selection in this summer's draft, with the first-round pick being deferred to 2014.

The move comes after Calgary started a rebuild by trading captain Jarome Iginla to Pittsburgh last week. The NHL trade deadline is 1 p.m. on Wednesday.

Bouwmeester, who has an annual cap hit of $6.68 million US through to the end of next season, has six goals and nine assists in 33 games in 2013.

The six-foot-four, 212-pound blueliner joined Calgary in 2009 after being drafted third overall by the Florida Panthers in 2002.

Bouwmeester has 71 goals and 229 assists in 10 seasons with the Flames and Panthers.

THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

♉ Taurus
April 21 - May 21
The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

♊ Gemini
May 22 - June 21
The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

♋ Cancer
June 22 - July 23
So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

♌ Leo
July 24 - Aug. 23
Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

♍ Virgo
Aug. 24 - Sept. 23
This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

♎ Libra
Sept. 24 - Oct. 23
Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

♐ Sagittarius
Nov. 23 - Dec. 21
Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

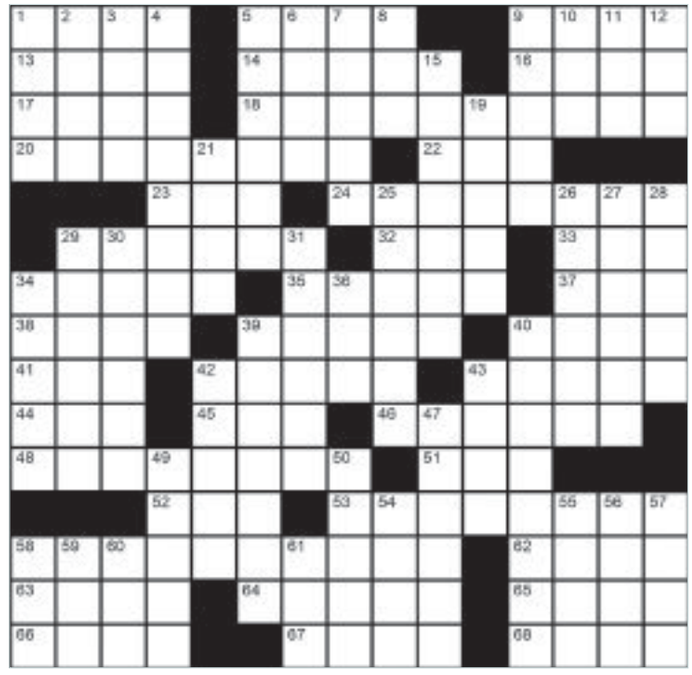
♑ Capricorn
Dec. 22 - Jan. 20
This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

♒ Aquarius
Jan. 21 - Feb. 19
You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

♓ Pisces
Feb. 20 - March 20
You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. SALLY BROMPTON

Crossword: Canada Across and Down

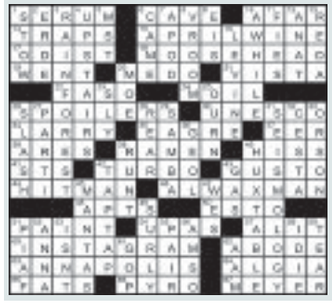
BY KELLY ANN BUCHANAN



Across
1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley __, role in "A Streetcar Named Desire" (1951)
22. "__ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The __ __" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is __ '_' that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, __ _ _ _
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces
51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin __
62. After shave brand
63. Plinth
64. "__ Was a Lady"
65. Cheerful music
66. "__ better believe it!"
67. "Back in the _._._._" by The Beatles
68. Prefix meaning 'Outer'

Down
1. Escape
2. __ Alto, California
3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, __ Time
7. Imitate
8. Street for Freddy
9. Host an event
10. Prefix to 'gram' (Drawing)
11. __/_ (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline __
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. __ Bay, Nunavut
28. Give way
29. Bricks and __
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, _-__
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The __
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's __ Islands

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		5		9	
8			7		4			2
	7			9			1	
		5				8		
7	4						2	1
		1				9		
	8			3			7	
5			6		2			9
	9		4		8		6	

Yesterday's Sudoku

3	9	7	6	5	2	1	8	4
6	4	2	3	8	1	5	7	9
5	8	1	9	7	4	3	6	2
7	3	4	2	1	6	9	5	8
9	6	5	4	3	8	7	2	1
1	2	8	5	9	7	4	3	6
4	1	6	7	2	3	8	9	5
8	5	3	1	6	9	2	4	7
2	7	9	8	4	5	6	1	3

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